



## The College Preparatory & Leadership Academy K12 Breakfast Menus for February 2026

| Monday  | Tuesday   | Wednesday  | Thursday  | Friday             |
|---|---|--|---|--------------------|
| <b>February 2</b><br>DANISHES<br>APPLESAUCE<br>100% JUICE<br>Low fat or Fat Free Milk   | <b>February 3</b><br>YOPLAIT YOGURT<br>SCOOBY SNACKS<br>PINEAPPLE TIDBITS<br>100% JUICE<br>Low fat or Fat Free Milk | <b>February 4</b><br>ASSORTED CEREAL<br>NUTRI GRAIN BARS<br>MANDARIN ORANGES<br>100% JUICE<br>Low fat or Fat Free Milk | <b>February 5</b><br>ASSORTED CEREAL<br>GRAHAM CRACKERS<br>DICED PEARS<br>100% JUICE<br>Low fat or Fat Free Milk  | <b>February 6</b>  |
| <b>February 9</b><br>ASSORTED CEREAL<br>GRAHAM CRACKERS<br>TROPICAL FRUIT MIX<br>100% JUICE<br>Low fat or Fat Free Milk                           | <b>February 10</b><br>ASSORTED CEREAL<br>NUTRI GRAIN BARS<br>FRESH FRUIT<br>100% JUICE<br>Low fat or Fat Free Milk  | <b>February 11</b><br>POP TARTS<br>APPLESAUCE<br>100% JUICE<br>Low fat or Fat Free Milk                                | <b>February 12</b><br>BLUEBERRY MUFFINS<br>DICED PEACHES<br>100% JUICE<br>Low fat or Fat Free Milk                | <b>February 13</b> |
| <b>February 16</b><br>ASSORTED CEREAL<br>NUTRI GRAIN BARS<br>MANDARIN ORANGES<br>100% JUICE<br>Low fat or Fat Free Milk<br><b>*PRESIDENTS DAY</b> | <b>February 17</b><br>BLUEBERRY MUFFINS<br>DICED PEACHES<br>100% JUICE<br>Low fat or Fat Free Milk                  | <b>February 18</b><br>ASSORTED CEREAL<br>GRAHAM CRACKERS<br>DICED PEARS<br>100% JUICE<br>Low fat or Fat Free Milk      | <b>February 19</b><br>DANIMALS<br>SCOOBY SNACKS<br>PINEAPPLE TIDBITS<br>100% JUICE<br>Low fat or Fat Free Milk    | <b>February 20</b> |
| <b>February 23</b><br>ASSORTED CEREAL<br>NUTRI GRAIN BARS<br>TROPICAL FRUIT MIX<br>100% JUICE<br>Low fat or Fat Free Milk                         | <b>February 24</b><br>POP TARTS<br>APPLESAUCE<br>100% JUICE<br>Low fat or Fat Free Milk                             | <b>February 25</b><br>DANISHES<br>APPLESAUCE<br>100% JUICE<br>Low fat or Fat Free Milk                                 | <b>February 26</b><br>ASSORTED CEREAL<br>GRAHAM CRACKERS<br>DICED PEARS<br>100% JUICE<br>Low fat or Fat Free Milk | <b>February 27</b> |
|   |   |  |   |                    |

### Families Making the Connection

#### Discover the Power of Nutrition

Plan ahead to celebrate National Nutrition Month® (NNM) in March. The 2026 NNM theme is “Discover the Power of Nutrition”, an emphasis on nutrition’s role in helping individuals and communities thrive. This theme highlights that food is more than just nourishment—it’s a powerful tool that connects people to their health, culture, and community. Health, traditions, and access can all impact the foods we eat. The food we eat also affects our health.

Participating in School Nutrition Programs offers students not only a nutritious meal but also an opportunity to connect with fellow students, teachers, and School Nutrition professionals. School meals can truly make a difference for students.

School meals offer choices of entrées, sides, and lowfat or fat free milk daily. Many schools participate in farm to school and feature North Carolina-grown ingredients. Meals include a variety of whole grains, lean proteins, fruits, and vegetables with tasty, creative recipes that appeal to students. Try recipes from the N.C. Jr. Chef Competition, <https://go.ncdpi.gov/ncjrchef>, and N.C. K-12 Culinary Institute, <https://go.ncdpi.gov/nck12culinaryinstitute>.

Each March the Academy of Nutrition and Dietetics celebrates National Nutrition Month®. Plan now to celebrate with your family, at your child’s school, and in the community. Find a registered dietitian nutritionist (RDN), nutrition tips, and #NNM info at [www.eatright.org](http://www.eatright.org).



## The College Preparatory & Leadership Academy K-8 Lunch Menus for February 2026

| Monday   | Tuesday   | Wednesday  | Thursday   | Friday             |
|--|---|--|--|--------------------|
| <b>February 2</b><br>CHICKEN FILLET SANDWICH<br>W/W HAMBURGER BUN<br>SWEET POTATOES<br>TROPICAL FRUIT MIX<br>Lowfat or Fat Free Milk | <b>February 3</b><br>BEEF TACOS<br>w/w TORTILLA WRAP<br>shredded lettuce<br>YELLOW CORN<br>DICED PEACHES<br>Lowfat or Fat Free Milk                   | <b>February 4</b><br>FRIED CHICKEN<br>W/W DINNER ROLL<br>MASHED POTATOES<br>GREEN BEANS<br>DICED PEARS<br>Lowfat or Fat Free Milk                    | <b>February 5</b><br>PIZZA<br>(CHEESE/PEPPERONI)<br>ROMAINE SALAD MIX<br>CUCMBERS/TOMATOES<br>FRESH FRUIT<br>Lowfat or Fat Free Milk   | <b>February 13</b> |
| <b>February 9</b><br>CHICKEN NUGGETS<br>W/W DINNER ROLL<br>GREEN BEANS<br>APPLESAUCE<br>Lowfat or Fat Free Milk                      | <b>February 10</b><br>CHICKEN FAJITAS<br>W/W FAJITA WRAP<br>Shredded lettuce / cheese<br>PINTO BEANS<br>PINEAPPLE TIDBITS<br>Lowfat or Fat Free Milk  | <b>February 11</b><br>SLOPPY JOE SANDWICH<br>W/G HAMBURGER BUN<br>POTATO WEDGES<br>FRESH FRUIT<br>Lowfat or Fat Free Milk                            | <b>February 12</b><br>PIZZA<br>(CHEESE/PEPPERONI)<br>ROMAINE SALAD MIX<br>CUCMBERS/TOMATOES<br>FRESH FRUIT<br>Lowfat or Fat Free Milk  | <b>February 20</b> |
| <b>February 16</b><br>BEEF-A-RONI<br>ROMAINE SALAD MIX<br>CUCUMBERS/ TOMATOES<br>DICED PEARS<br>Lowfat or Fat Free Milk              | <b>February 17</b><br>TACO SALAD w/nacho cheese<br>W/W TORTILLA CHIPS<br>Shred lettuce<br>YELLOW CORN<br>PINEAPPLE TIDBITS<br>Lowfat or Fat Free Milk | <b>February 18</b><br>CHICKEN FILLET SANDWICH<br>W/W HAMBURGER BUN<br>GREEN BEANS<br>TROPICAL FRUIT MIX<br>Lowfat or Fat Free Milk                   | <b>February 19</b><br>PIZZA<br>(CHEESE/PEPPERONI)<br>ROMAINE SALAD MIX<br>CUCUMBERS/TOMATOES<br>FRESH FRUIT<br>Lowfat or Fat Free Milk | <b>February 27</b> |
| <b>February 23</b><br>MEATBALLS w/ gravy<br>W/W DINNER ROLLS<br>TURNIP GREENS<br>APPLESAUCE<br>Lowfat or Fat Free Milk               | <b>February 24</b><br>FRIED CHICKEN<br>W/W DINNER ROLL<br>MASHED POTATOES<br>GREEN BEANS<br>DICED PEARS<br>Lowfat or Fat Free Milk                    | <b>February 25</b><br>CHICKEN FAJITAS<br>W/W FAJITA WRAP<br>Shredded lettuce / cheese<br>YELLOW CORN<br>PINEAPPLE TIDBITS<br>Lowfat or Fat Free Milk | <b>February 26</b><br>PIZZA<br>(CHEESE/PEPPERONI)<br>ROMAINE SALAD MIX<br>CUCUMBERS/TOMATOES<br>FRESH FRUIT<br>Lowfat or Fat Free Milk |                    |

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